

ANAPHYLACTIC EMERGENCY PROCEDURES

1. ASSESS SIGNS OF ALLERGIC REACTION: (teacher or aide)

- *MOUTH: itching & swelling of lips, tongue or mouth
- *THROAT: itching &/or tightness in throat, hoarseness, cough
- *SKIN: itchy rash, hives &/or swelling in face or extremities
- *GUT: nausea, abdominal cramps, vomiting &/or diarrhea
- *LUNG: shortness of breath, repetitive coughing &/or wheezing
- *HEART: “thready” pulse, fainting

*ALL of above symptoms can progress to life threatening reaction!

*ASSUME asthma symptoms may indicate allergic reaction & assess context for possible exposure risk and watch carefully

2. **KEEP PATIENT CALM, PREFERABLY LYING DOWN OR SITTING. TEACHER OR NURSE OR OTHER ADULT INJECTS EPINEPHRINE** FOR ANY SYMPTOMS BEYOND RASH OR MILDEST OF HIVES (one or two suspected hives, no other symptoms) according to action plan for that particular child. Epinephrine auto-device is injected in the thigh region, no where else. It may be injected through clothing.
3. TEACHER GIVES 2 PUFFS OF **ALBUTEROL** AFTER EPINEPHRINE (if child has asthma) according to action plan. If indicated on the action plan, also give an antihistamine like Benedryl (physician prescribed)
4. **AIDE OR FACULTY CALLS 911**, following Emergency Phone Procedure.
5. **TAKE STUDENT OUTSIDE** TO FRONT OF SCHOOL BUILDING TO WAIT FOR EMS.
6. **AFTER 20 MINUTES, REASSESS REACTION:**
*If symptoms have not cleared, GIVE 2ND epinephrine injection
7. INSTRUCT EMS TO TAKE THE CHILD TO **PARENT PREFERRED HOSPITAL AND A FACULTY MEMBER OR STAFF MEMBER THE CHILD KNOWS ACCOMPANIES THEM TO THE HOSPITAL.** Take copy of child’s emergency action plan and medications with you. Inform EMS what measures have been used.

Compiled by the DFW Food Allergy Support Group, adapted by AAFA-TX



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TEXAS CHAPTER

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